

Peas

Peas are such a delicious food that they should be easy to grow in the garden. However, for some reason, this is often not the case. They like cooler weather and sunny soil. We've tried planting peas many years. The first year we planted them, we ended up with one plant and three pea pods. The last time we planted them, we ended up with four plants, and almost enough peas for one serving.

They can sometimes be bought at farmers markets and shelled at home. This can be a fun way to spend a summer afternoon. It can teach young children eye and hand coordination while listening to stories. Arthritis can prevent adults from being able to shell peas.

Peas can be eaten by themselves, uncooked in a pea salad, boiled, in stir fries, soups, stews, and casseroles. One of the most versatile of vegetables, they add a light flavor, pretty color, and texture to all meals. As a comfort food, peas are sometimes eaten when nothing else will settle on the stomach.